

HOW TO CLEAN YOUR GROCERIES During COVID-19



As grocery shopping remains a necessity during the COVID-19 pandemic, many people have questions about how to clean groceries. Below are some helpful tips for unpacking and cleaning your groceries when you return home.



Returning from a Grocery Trip

- Prepare an area within the home to place shopping bags.
- Prepare warm water, soap, and household disinfectant items.
- Place the shopping bags in the area and remove all items from bags.
- Dispose bags or wash reusable bags.
- Wash hands thoroughly when done.



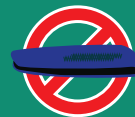
Unpacking and Storing Non-Perishable Items

- Wipe down all food boxes and packages with soap and water or disinfectant.
- **AVOID USING** disinfectants directly on food, i.e. meats and produce.
- Let all boxes and packages dry before putting them in the pantry or refrigerator.
- Wash hands thoroughly when done.



Cleaning Produce (vegetables & fruit)

- **OPTION ONE:** Wash and scrub produce under running water and dry.
- **OPTION TWO:** Soak produce with warm water and soap for 15 minutes and dry. *Remember: Plan to gather more essential goods – like water for cleaning – than you normally would.*
- **AVOID USING** dishcloths, sponges, and vegetable scrubbers.



Cleaning Up

- Disinfect cleaning area, wash area, and any items used.
- Wash hands thoroughly when done.

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